

## **ABSTRACT**

A method for turning a patient lying supine on a bed onto his side and avoiding musculoskeletal injuries to the care giver. First provide a draw sheet under the patient and a support sheet under the draw sheet, the support sheet on the bed, the draw sheet having a substantially frictionless lower surface and the support sheet having a substantially frictionless upper surface. Then a worker standing in a lunge position at a first side of the bed with palms facing upward grasps the first end of the draw sheet and pulls it horizontally to slide the patient on the bed toward the worker. Then the worker throws the first end of the draw sheet over the patient onto a second opposite side of the bed, walks to that side, and in lunge position with palms facing upward grasps the first end of the draw sheet and pulls it horizontally away from the patient.